



Clay Community Health Happenings

Nancy J. Mills, Administrator

November 2011

904-529-2800

Clay County Health Department News

Health Department Clinic Expands to 5 days a week

The Clay County Health Department Ed Stansel clinic located in Green Cove Springs has expanded hours of operation from two days per week to five days per week, Monday – Friday. Since this is a grant funded clinic, certain requirements must be met before people can become patients. People that will be seen at this clinic must be Clay County residents, without a regular doctor or health insurance. They also must meet with our Social Service staff to see if they are eligible before they will be given an appointment. If a Clay County resident needs a healthcare provider, but is not eligible for the Ed Stansel Clinic in Green Cove Springs, they can call the health department about the Bear Run location in Orange Park. This initiative is to help health care organizations serving poor families in 36 Florida Communities, including Clay County. The money for this grant is coming from the Medicaid Low Income Pool system. As with any grant, the project will be evaluated on deliverables, which include decreasing avoidable emergency room admissions, coordinating care services, and improving patient adherence to self care measures. For information on

Social Service assessments, potential clients will need to call the Health Department at (904) 529-2800.

Rabid Dog

A local pet dog recently tested positive for rabies. A total of seven people are receiving post exposure vaccinations. This is the first rabies positive dog reported in the state of Florida this year. Further testing is being done to determine the species type for this rabies. A raccoon, fox or bat could have infected the dog with rabies. Canine (dog) rabies has drastically declined as a result of mandatory vaccination laws and animal control practices. According to the experts, the major canine variant (rabies) circulation was eliminated by the late 1960's. The primary reservoirs for rabies in Florida and in the United States are the wildlife such as raccoons, fox, or bats. Residents are reminded and encouraged to make sure all pets are currently vaccinated for rabies. Veterinarian staff should be alert for animals encountered with signs suspicious for rabies and use appropriate precautions. People are advised to avoid contact with all wildlife. For more information on rabies:

<http://www.doh.state.fl.us/Environment/medicin/rabies/rabies-index.html>.

Outbreak of Norovirus in Local School

A Clay County school recently had an outbreak of laboratory confirmed Norovirus. Norovirus is also commonly called the "Cruise Ship Virus" or "stomach flu". This illness has sudden onset of nausea, diarrhea, vomiting and stomach cramps and usually last 1-2 days. People become sick by touching surfaces or objects infected with the virus or by having direct contact with a sick person infected with the Norovirus. The best way to prevent illness is to wash your hands with soap and water for 20 seconds.

Step Up 5K and St. Vincent's HealthCare Fun Run Challenge

Registration is now open for the 2012 Step-Up Run & Walk, with \$4,250 in prize money to be awarded to schools to support physical activity initiatives and school run/walk clubs. To alleviate registration congestion on race day we are encouraging participants to register **FREE** online at JAX365 <http://www.jax365.com/step-up-5k-free-run>.



Clay County Health Department
PO Box 578
Green Cove Springs, FL 32043-0578





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cont'd



ST. VINCENT'S HEALTH CARE

Race Date: Saturday February 4,
2012

Time: 5K at 10 Am, Fun Run at
11 Am

Race Distance: Main Event is
5K and St. Vincent's Fun Run
Challenge is 1.5 miles

Location: Oakleaf High
School (New location for
2012) 4035 Plantation Oaks
Blvd., Orange Park, FL

Entry Fee: THIS IS A FREE
EVENT- sponsored by the Clay
County Health Department.

Registration: Free ONLINE
registration at

www.MilestoneRaceAuthority.com

or

<http://www.jax365.com/step-up-5k-free-run>

PAPER REGISTRATION: Print the application from our web site and mail to 10518 Fort George Rd, Jacksonville Fl 32226.

PIRATE THEME this year!!!
Dress like a pirate!

Course: The course will be in Oakleaf Plantation (Orange Park, FL). Both races will start in front of Oakleaf High School and finish in the athletic stadium on the track. The 5K will head east on Plantation Oaks, over the bridge, to Silver Bluff Blvd.

where runners turn left and proceed for about 100yds. They will then turn right over the footbridge onto the Oakleaf Soccer Park jogging path. After looping around the jogging path runners then exit back onto Plantation Oaks heading west and over the bridge towards the high school. Runners will turn left and head into the athletic stadium, finishing on the track. The 1.5 mile fun run will head east on Plantation Oaks over the bridge. Immediately after crossing the bridge runners will turn right into Oakleaf Community Park making a loop and returning back to Plantation Oaks. Runners will turn left and head into the athletic stadium.

Amenities: T -Shirts to first 1,500 participants to check in on race day. Ribbons to all Fun Run finishers.

Timing: The race will be timed and scored by Jaguar Timing Systems electronic bib tag. Bib MUST be worn on the front chest to be scored electronically. Please do not fold the microprocessor or antennas.

Packet Pick Up: Packets may be picked up starting at 8:00 am on race day at Oakleaf High School.

Age Groups: Male and Female in 14 & under, 15 – 19, 20 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 and over. Age group winners will be announced and posted online at www.milestoneraceauthority.com No individual age group

awards. (Free t-shirts, give-aways and a lot of fun!)

Awards:

\$2,500 in prize money to the top 16 elementary schools (not limited to Clay County) with the highest participation.

\$1,750 in prize money to the top 3 Clay County schools with the highest staff participation for employee wellness initiatives.

Results: Results will be posted near the finish line within minutes of the conclusion of the race and on the internet at www.milestoneraceauthority.com

Optional: Official finish time will be sent to your cell phone upon crossing the finish line if number and cell provider are filled in on the registration form.

Post Race Celebration: Food, refreshments and post race raffle.

For More information call:
904-529-2810

Step Up 5K....LIKE us on FaceBook!



We put the ARRR in Running!

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